



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
(608) 723-6416

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COMMUNITY EDITION

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Winter Weather Checklist

Winter weather is here. Make sure you are prepared.



- Know what winter storm warning terms mean:
 - Winter Weather Advisory:** Expect winter weather conditions to cause inconvenience and hazards.
 - Frost/Freeze Warning:** Expect below-freezing temperatures.
 - Winter Storm Watch:** Be alert; a storm is likely.
 - Winter Storm Warning:** Take action; the storm is in or entering the area.
 - Blizzard Warning:** Seek shelter now! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.
- Have at least one of the following in case there is a power failure:
 - Battery-powered radio and extra batteries.
 - National Oceanic and Atmospheric Administration (NOAA) weather radio

Have extra food and supplies on hand including:



Drinking water
Canned/no-cook food (bread, crackers, dried fruits)
Non-electric can opener
Baby food and formula if needed
Prescription drugs and other medicine
First-aid kit
In an emergency—if no other water is available—snow can be melted for water. Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in snow.

Cooking and Lighting

Never use charcoal grills or portable gas camp stove indoors—the fumes are deadly.
Use battery-powered flashlights or lanterns.
Avoid using candles, if used never leave lit candles alone.

Don't Forget Your Car

Some helpful items to keep in your car include cell phone and charger, flashlight (and extra batteries), water, snack food, extra hats, coats, mittens, blankets, road salt and sand, booster cables. If you must travel during bad weather, let a friend or relative know your plans.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Making Choices between Food Needs & Food Wants



Food needs: Basic food choices that are needed for health.

Food wants: Foods you'd like to have, but could survive without them—often convenience foods.

Get more for your food dollars:

- Plan meals and make your shopping list.
- Think about your food needs first, then make choices from your food wants list if you have enough funds to purchase them.

Example-Food needs: Fruits and vegetables in season, whole chicken and oatmeal.

Example-Food wants: Pre-made fruit smoothies, meat that is pre-cut or instant oatmeal in individual packages.

- Limit food wants that are low in nutrients but high in fat and calories. These are “once-in-a-while” foods.
- Try to limit convenience foods when planning meals.

(University of Maryland Extension)

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).



WIC & Health Check Clinics

(Immunizations including influenza vaccine is given at all these clinics)

Jan 5th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jan 10th—Boscobel United Methodist Church from 9:30am to 3:30pm

Jan 11th—Fennimore United Methodist Church from 9:00am to 3:30pm

Jan 17th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Jan 18th—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

Jan 19th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jan 24th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Jan 25th—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

Jan 26th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following days:
December 23 & 26
January 2

Protect Your Family from Noroviruses

Noroviruses are a group of related viruses that can cause gastroenteritis (GAS-tro-en-ter-i-tis), which is inflammation of the stomach and intestines. This leads to cramping, nausea, vomiting, and diarrhea. Norovirus is found in the vomit and stool of infected people. You can get norovirus from direct contact with an infected person, contaminated food or water, or by touching contaminated surfaces. Norovirus spreads quickly. Anyone can get infected with norovirus and you can get it more than once.

The most common symptoms are diarrhea, throwing up, and nausea. Sometimes people also have stomach pain, fever, headache, and body aches. Most people with norovirus illness get better within 1 to 3 days.

Prevention

- The best prevention is to wash your hands carefully with soap and water—
 - especially after using the toilet and changing diapers, and
 - always before eating, preparing, or handling food.
- Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water
- Wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating them.
- **Do not prepare food for others while you are sick with vomiting and/or diarrhea for at least 2 to 3 days after you recover.**

Cleaning

- After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.

Laundry

- Immediately remove and wash clothes or linens that may be contaminated with vomit or stool. Wash the items with detergent at the maximum available cycle length then machine dry. Handle soiled items carefully—avoid shaking contaminated laundry and wash your hands after handling.

Norovirus illness is *not* related to the flu (influenza). Though they may share some of the same symptoms, the flu is a respiratory illness caused by influenza virus.

Mumps in Grant County

Several mumps cases have been reported in Grant County. Therefore, it is important to be aware of mumps and how to protect yourself and your children.

Mumps is a viral infection that can cause swelling along the jaw line of an infected person. The disease begins with a fever, headache, muscle pain and general feeling of discomfort. Commonly the cheek and jaw area swells on one or both sides of the face. Complications associated with mumps are rare however, reproductive health problems, deafness, and death can occur. Mumps can be spread from person to person through the air by coughing, sneezing or simply talking.

The best protection against mumps is proper immunization. Mumps vaccine given in combination with Measles and Rubella (called MMR vaccine) is recommended for all children at 12-15 months of age and at 4-6 years of age. The two doses of MMR vaccine is about 88% effective at providing immunity against Mumps. Persons who have gotten Mumps in the past generally have protection as well. Proper hand washing, covering when you cough or sneeze, and remaining at home when ill prevents the spread of this and many other illnesses such as influenza and Norovirus which are common this time of year as well.

If you think you may have mumps, seek appropriate medical attention and be sure to call your health care provider in advance so contact with others can be limited. For further information on mumps or immunizations, contact the Grant County Health Department at (608) 723-6416 or visit www.co.grant.wi.gov



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